



Easy Steps to Better Sleep: Newborn

IMPORTANCE OF SLEEP FOR YOUR BABY

Good sleep is essential for every baby as sleep has a significant impact on learning and behavioural development. Adequate sleep quantity and good sleep quality contribute to optimal brain function and the overall growth and health of your baby. When your baby sleeps well, it also reduces the disruptions to your family's sleep.



It is important that parents understand what to expect for your baby's sleeping needs even before baby arrives. This would ensure that you have the knowledge to implement good sleeping habits for your baby for a good head start in life.

SLEEP PATTERNS IN THE FIRST FEW MONTHS

- Sleep-wake cycles in the early months are largely driven by hunger. An established sleep pattern usually begins when your baby is 4 months old.¹
- It is normal for breast-fed babies to have slightly shorter sleeping periods compared to formula-fed babies due to the easier digestibility of breast milk. The benefits of breastfeeding are tremendous and it is recommended that all babies be breastfed for up to 6 months for optimal growth and health.²



¹ Mindell, J. A., & Owens, J. A. (2015). *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. Wolters Kluwer Health.

² World Health Organization. (n.d.). *Breastfeeding*. [Who.int/health-topics/breastfeeding#tab=tab_2](https://www.who.int/health-topics/breastfeeding#tab=tab_2)





SLEEPING ARRANGEMENTS

An important consideration for parents is the baby's sleeping arrangements. It is generally not recommended to bed-share with your baby as there are potential risks of accidental suffocation. You may put your baby to sleep either in his/her own cot or bed, and place the cot or bed close to your bed if desired. Placing your baby on his/her back is also recommended to reduce the risk of Sudden Infant Death Syndrome (SIDS).

KEY TAKEAWAY

Your sleep is paramount to your physical health and mental well-being, especially when caring for your newborn baby. The care of your newborn requires a lot of time and effort and may lead to sleep deprivation for mothers, contributing to postpartum depression. Hence, parents should take the opportunity to sleep when your baby sleeps so that you can also have sufficient rest. Seek advice from your doctor should you not be getting adequate or good quality sleep. Help is available.



NOTES

About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System’s (NUHS) centres of excellence

- Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Children’s Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1
 Contact +65 6772 5000

KTP-NUCMI

Location NUH Main Building, Zone E, Level 2
 (Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
 Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
 General Enquiry +65 6772 5736
 Appointment Line +65 6908 2222
 Email ktptnucmi_appt@nuhs.edu.sg

9a Viva-University Children’s Cancer Centre

Location NUH Medical Centre, Zone B, Level 9
 Operating Hours 8am – 5.30pm (Mon to Fri)
 Appointment Line +65 6772 5030
 Email cbccappt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22
 Operating Hours 9am – 11pm daily (including public holidays)
 General Enquiry +65 6219 1538
 Email childreucc@nuhs.edu.sg

NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2
 Operating Hours 8.30am – 5.30pm (Mon to Fri)
 Appointment Line +65 6665 2530 / 2531
 Email cdu@nuhs.edu.sg

NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01
 Operating Hours 8.30am – 5.30pm (Mon to Fri)
 Appointment Line +65 6769 4537/4637
 Email cdu@nuhs.edu.sg

Clinic A22 NUWoC Children’s Clinic @ NTFGH

Location Ng Teng Fong General Hospital
 Tower A – NTFGH Clinics, Level 2
 Operating Hours 8.30am – 5.30pm (Mon to Fri)
 Appointment Line +65 6908 2222
 Email appointment@nuhs.edu.sg

Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital &
Jurong Community Hospital
Alexandra Hospital
National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy



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OneNUHS Hotline: (65) 6908 2222
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